

SOMERVILLE JCR

# SOMERVILLE WELFARE HANDBOOK

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2019- 2020



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## Before Reading the Booklet

There is a lot of information in this booklet, and we know this can be daunting to look at, whether you are a fresher or finalist. Please don't let that put you off! **You can simply go to the back page for all the key information.** Lots of you will never need to use the booklet, and for those that do, you will rarely need to view any more than a few pages. We have put so much information in as we wanted to make sure that the booklet would cover as many welfare concerns as possible. We have such an amazing welfare set up at Somerville, so allow your mind to be put at ease by learning about the awesome support network we have in place, but don't be overwhelmed by the amount of information on display.

Wishing you the best possible year at Somerville,

Your College Welfare Team xx

## The College Welfare Team

All of the team is here to provide support in a confidential and non-judgemental atmosphere. If something is bothering you, please don't hesitate to get in touch with any member of the team as they would all love to help in any way they can. We all believe that a problem shared is a problem halved, also, nothing is too small or insignificant for our attention. All of the College welfare team, and the JCR representatives, work within our Policy on Confidentiality and the Circulation of Welfare Information, which you can find here at [www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/](http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/) so you don't need to worry about anything you tell us being disclosed to anyone else.

### JCR Welfare Officers



Hey! We are Ellie and Ewan, a second year PPEist and historian respectively, and your Welfare Officers for this year. We believe that Somerville is a friendly, welcoming and accepting college for all. We're here to make sure you have the best possible time at Somerville by providing non-judgmental support for any concern you may have. Mental health should not be something people feel afraid of talking about, and if you want to open up about something or access support, you can do so freely inside of Somerville. We both know how difficult and lonely it can be if you're struggling with something, which is why we have both

completed 24 hours of Peer Support training, which provides the skills necessary to support students. Talking to a friendly face can make a big difference, however big or small the problem may feel – and honestly nothing is too small or insignificant!

As part of our job, we will be hosting fortnightly Welfare Teas in the JCR! These are a good opportunity to take a break from your busy schedule, relax and eat some (free!) tasty snacks with your fellow students. Somerville's 'Welfare Week' is in 5<sup>th</sup> Week of each term and will contain a whole host of feel-good events from Cookie-fairies to guided meditation – last year saw a group of Alpacas join us on the quad for an afternoon, so watch this space!

If you are looking for information or want to talk something through, please get in touch. We hold weekly drop in sessions with the peer supporters: times and locations will be sent out weekly via email, or you can come to our fortnightly welfare teas. You can also drop us a message on [Facebook](#), email us at [ewan.connell@some.ox.ac.uk](mailto:ewan.connell@some.ox.ac.uk) and [ellie.cooper@some.ox.ac.uk](mailto:ellie.cooper@some.ox.ac.uk), or just grab us when you see us round college. We promise to respond to messages as soon as possible and are both more than happy to meet up and have a chat. We both look forward to seeing you next year, whether you are a fresher, finalist or somewhere in-between, and hope you have an amazing year at Somerville.

### Welfare Support and Policy Officer – Jo Ockwell



There are many people here at Somerville whose job it is to ensure our students are as healthy and happy as they can be. My role is to co-ordinate welfare support for all of our students. I've been working here at Somerville for almost ten years so have helped students with all sorts of problems. While I'm not an expert on every possible welfare concern you might have, I will definitely know someone who is! Please feel free to stop by my office, [House 4](#), if you need a confidential chat about anything. And be assured that seeking help is always the start of sorting out an issue, never a sign of weakness. We all need a bit of support and help along the way sometimes, particularly adjusting to life at Oxford and the pressures it brings! It's also worth noting that the majority of our students go through their studies at Oxford without any interaction with the Welfare team, because they don't have any concerns. But keep us in mind just in case you do!

**E-mail:** [welfare.officer@some.ox.ac.uk](mailto:welfare.officer@some.ox.ac.uk)

**Office open hours:** Monday to Thursday, 8am to 4pm

### College Nurse – Glenys Knighton



The college nurse, Glenys, is here to support anyone with a minor illness or injury, to discuss mental health issues or to signpost to other medical services. Glenys is in college every day during term-time, in **Darbishire 16**. You don't need to make an appointment, just turn up. Her office open hours are **10am to 12.30pm**, and **1pm to 3pm, Monday to Friday** during term time. You can also contact Glenys by email at [somenurse@nhs.net](mailto:somenurse@nhs.net). Glenys has been a nurse and worked in health care for over 30 years.

### Senior Tutor – Dr Steve Rayner



I was born in Stoke-on-Trent, hence the sad devotion to largely disappointing football team (Stoke City, not Port Vale – that would have been even more disappointing, not that I have anything against Vale fans). I studied Physics at Oxford (St Catherine's – too male to be considered for Somerville at the time) and then went to Durham to study for a PhD in Very High Energy Gamma Ray Astronomy. I expected to stay for three years and was there for just under 25 years. After the PhD, I held a series of research contracts before being appointed as a fixed-term lecturer, which meant doing a lot more teaching. I found that the teaching and student support side of the job very fulfilling and applied to become Senior Tutor of one of the Colleges there, a job I held from November 2000 until the end of June 2011, when I came to Somerville to take up the job of Senior Tutor here. As Senior Tutor, I oversee the academic function of the College, from the admission of students (although I don't make any individual decisions), through to working with tutors to ensure that our teaching is properly organised and everyone gets the tutorials they need. I also provide support for students experiencing difficulties. I tend to focus on the academic side of things, with our Welfare Officer, Jo Ockwell, taking the front line role on welfare support for students but I'm happy to talk about welfare problems and what support is available myself. I'm delighted to be able to be a part of such a supportive, friendly and open community here at Somerville. We select applicants on academic criteria but we find that Somerville students always seem to be caring and friendly and inclusive-minded, which is great to see. My office is in **House, on the left at the top of the carpeted stairs that lead up from the Academic Office (turn right when you get to the T-junction on the staircase)**. I'm happy to talk to anyone about pretty much anything so do feel free to drop by. I don't have fixed office hours but I usually get to work some time between **7.30am and 8am and I usually leave some time after 5pm, Monday to Friday**. My door is usually open – if so, just come in. If the door is closed but the 'do not disturb' sign is not displayed, feel free to knock but I may be out at a meeting or some other commitment. To make sure I can see you, please email me, [senior.tutor@some.ox.ac.uk](mailto:senior.tutor@some.ox.ac.uk), or Karen, my executive assistant at [ea.senior.tutor@some.ox.ac.uk](mailto:ea.senior.tutor@some.ox.ac.uk).

### College Counsellor

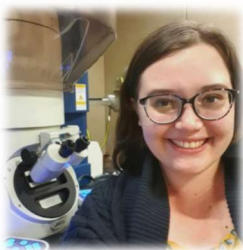
A counsellor from the Counselling Service (**p.8**) David Anderson comes to Somerville one morning a week during term time. If you would like to arrange a counselling appointment with David please contact him directly at [david.anderson@admin.ox.ac.uk](mailto:david.anderson@admin.ox.ac.uk)

### College Porters

Though the college porters are not strictly part of the welfare team, they do have some welfare responsibilities. Unfortunately, we have a page limit on the booklet and there are too many porters to introduce to you all in one go, however, they are all super lovely as you will find out/already know. Their main roles are to be friendly, welcoming, provide first aid and help with any queries you may have. The porters can be reached at any time of the day or night by visiting the Porters' Lodge in person or calling **01865270600**.

## Junior Deans – Alex Sheader, Sybilla Pereira, Ash Raghu

We're Alex, Sybilla and Ash, and we are the Somerville Junior Deans. We know that life in Oxford can be tough at times, and we're here to support you with any issues you're facing - whether they're inside or outside of university. As we're part of Somerville's Welfare Team, you can talk to us in confidence and without judgement about any issue. One of us is available from **7pm-7am every weekday**, and **24 hours on weekends**. We can be contacted by phone, text and WhatsApp on **07805 784964**, on **[deans.office@some.ox.ac.uk](mailto:deans.office@some.ox.ac.uk)**, or via **the Lodge**, and we look forward to seeing you round College!



### Alex Sheader

Hi, I'm Alex. I'm a final-year DPhil student in the Materials Department, where I work on developing new electron microscopy and spectroscopy techniques for bio applications. I've lived in Oxford for four years, and I'm really happy to be starting my third year as a Junior Dean at Somerville. I'm usually found somewhere in a 200-meter radius between Somerville, my lab, and the pub, and I'm always happy to chat over a coffee.

### Sybilla Perera

Hello - I am Sybilla, glad to be entering my fourth year here at Somerville as a Junior Dean. I am a doctoral student in Ancient Philosophy - I try to understand what Plato's conception of philosophy and rhetoric in democratic Athens can tell us about how ways of arguing affect political discourse and communities for better or worse. Being familiar with existential and academic challenges myself I found the support network of college and department life very valuable, so I decided to train to join these networks and do my bit to help. I am interested in psychology, and I really enjoy dancing, weight-lifting, watching films, dog walking and photography.



### Ash Raghu

I grew up in Norfolk then moved to Scotland to study chemistry and then medicine. The eternal student, I am now studying for a DPhil with our friendly neurosurgery group in Oxford. I love skiing, travelling and will often be seen enjoying the cafes around Somerville, cycling around town and running on Port Meadow admiring the wildlife.

## The JCR President – Talisha Ariarasa

Hi! My name is Talisha (she/her) and I am your JCR President for this academic year. I am now a second-year lawyer (I have to keep reminding myself of this) originally from East London and live in college so you will see me about! Oxford is unique and has lots of strange terminology - the JCR (Junior Common Room) is the body that all undergraduate students are a part of. This body takes care of all areas of undergraduate life and my job as President is to liaise between the JCR and College authorities to ensure we all have a happy and comfortable college life. It is my job to represent your views so whether it is at a JCR meeting or just a conversation with me, please express your opinions! Any issues, complaints or concerns can come to me, if I can't deal with them I can direct you to who can. My email is **[jcr.president@some.ox.ac.uk](mailto:jcr.president@some.ox.ac.uk)**, come say hi! Oxford was a really strange place for me in the beginning, but college and the people here really helped me settle in. I am determined to make changes and improve the lives of undergrads at Somerville and am excited for what this year will hold - I hope you are too!





## JCR Peer Supporters

Somerville Peer Supporters are the main body of the JCR welfare team, providing listening support so all students have a friendly peer they can go to with any issue. They have completed a 24-hour training scheme, so any problems you want to share, no matter how big or small, can be directed to any member of the team via [peersupport@some.ox.ac.uk](mailto:peersupport@some.ox.ac.uk). Or, feel free to talk to any of them in person.



Alice Vodden

Hi, I'm Alice and I'm a second-year history student and a trained peer supporter. I'm really passionate about peer support as I know first-hand how hard it can be at Oxford. I'm a first-generation student so all things access and welfare are super important to me; if anyone has any concerns relating to those things, I'm more than happy to do my best to help in any way I can. **E-mail:** [alice.vodden@some.ox.ac.uk](mailto:alice.vodden@some.ox.ac.uk)

Sophie Kilminster

Hi! I'm Sophie, I'm in 3rd (ahhh) studying English. To become peer support trained we underwent 30 hours of training, which means we really do care about helping people out, whether they're experiencing mental or emotional distress, really need someone to talk to, or just fancy having a cup of tea with someone. Oxford can be really scary sometimes and having someone you know you can safely speak to is invaluable. No matter the problem, there is always someone to help you out and always someone who cares, so please do always reach out to the PS team whenever you feel you want to. **Email:** [sophie.kilminster@some.ox.ac.uk](mailto:sophie.kilminster@some.ox.ac.uk)



Daanial Chaudry

I'm Daanial, a third year PPEist from London. I completed my 30 hours of Peer Support training last year and I know from personal experience that talking about issues affecting you (whether big or small) can really make a difference. If there's anything that you want to talk about and reason through, I am happy to meet up and talk it through— just message me on Facebook or email me. **E-mail:** [daanial.chaudhry@some.ox.ac.uk](mailto:daanial.chaudhry@some.ox.ac.uk)

Yinni Hu

I'm a third year PPEist from Norway. I became a peer supporter because I wanted to be someone you can confide in and express feelings, issues and uncertainties with freely and openly, in a confidential space and without the fear of being judged. I'm also part of the Peer of Color initiative, created specifically to provide support for students across colleges for issues connected to race, ethnicity and culture. Having someone to talk to about any issues - however big or small - can make a world of difference. Being there to listen is exactly what the peer supporters are here for so please do not hesitate to come for a chat. Drop me an email ([yinni.hu@some.ox.ac.uk](mailto:yinni.hu@some.ox.ac.uk)) or a message on Facebook anytime, and of course feel free to come say hi whenever you see me around in college!



Gerda Mickute

Hey! I'm Gerda. I am now in my third year, studying medicine. It's a bit difficult to introduce yourself through a medium of 3 sentences, but here's a breakdown of my interests: biomedical sciences (of course), Bojack Horseman, being foreign and popular science literature. I also get easily bribed by coffee and cake, but not fruit cake. **E-mail:** [gerda.mickute@some.ox.ac.uk](mailto:gerda.mickute@some.ox.ac.uk)

## Student Support at Oxford – Physical and Mental Health

It can be scary to experience a physical or mental health problem while at university, particularly as you are away from the familiar environment and support networks of home. However, you are not alone! We all get ill sometimes and many people experience a mental health problem at some point. There are many avenues of support available, within and outside the University and you will always be treated with respect and confidentiality.

### Physical Health

#### Medical Emergencies:

If you or someone else is experiencing a serious or life-threatening emergency call **999** immediately (or **112**, which works on international phones). If in college, you, or someone else if you are unable, should also contact the **Porters (pg.5)** or **College Nurse (pg.4)**. Ring **111** or seek advice from the **Porters (pg.5)** and **College Nurse (pg.4)**, if you are unsure of what to do. Even if you are not registered with the NHS, you will always be seen in an emergency at the **John Radcliffe Hospital** and the porters can book a taxi for you free of charge if you need to visit.

**Address:** John Radcliffe Hospital, Headley Way, Headington, Oxford OX3 9DU

**Website:** [www.ouh.nhs.uk/hospitals/jr/](http://www.ouh.nhs.uk/hospitals/jr/)

#### Medical Non-Emergencies:

You can go to the **Porters (pg.5)** or **College nurse (pg.4)** to receive general first aid. If you need medical advice outside of office hours, ring **111**. If you are experiencing a health problem that requires further care, then you should contact the local **GP**; they can provide you with a referral to hospital if necessary.

#### Jericho Health Centre – Local GP

GPs are able to help with both physical and mental health concerns using a variety of approaches. Available appointments are usually within 48 hours, but can be made for the same day for urgent matters. If you feel that you need to be seen urgently, please make this clear when making an appointment. It can feel daunting to visit a Doctor. If you would feel more comfortable, you can bring someone that you trust along with you for support. All the Doctors will do their best to be understanding of your problem and make you feel comfortable, but you can request another appointment with a different Doctor if you want to.

**Address:** Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW

**College Doctors:** Dr Luckhurst, Dr Boyle and Dr Ch'en.

**Phone:** 01865 429993 (Monday to Friday 8:30am to 6pm and Saturday 8:30am to 11:30am to book an appointment at another time)

For routine or emergency dental treatment, you should seek the advice of your **College Nurse (pg.4)**. You will most likely be referred to Studental for further care.

#### Studental

**Address:** Oxford Brookes University, Headington Campus, Colonnade Building 3rd Floor, Headington Road, Oxford, OX3 0BP

**Website:** [www.studental.co.uk](http://www.studental.co.uk) (use to book an appointment or register Studental as your dentist)

**E-mail:** [reception@studental.co.uk](mailto:reception@studental.co.uk)

**Phone:** 01865 689997

#### East Oxford Emergency Dental Clinic

Open from **18:30-22:00** weekday evenings and all day at weekends to provide emergency care outside of office hours, ring **0845 3458995** for further information or to book an appointment.

## Mental Health

### The Counselling Service

If you want to see a counsellor, you can book an appointment with your local **GP (pg.7)** who can refer you to an NHS counsellor. Alternatively, the **University Counselling Service** provides free and confidential support to students in line with the Ethical Framework for Good Practice produced by the British Association for Counselling and Psychotherapy. It can be accessed a lot faster than NHS counselling at [www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling), or, you can book an appointment by ringing **01865 270300 (daily in term time, 9am to 8pm)**, using the email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) or visiting **3 Worcester Street** where the service is based. Typically, the first appointment will be within 2 weeks. Counselling Service staff are professionally trained and widely experienced in helping students with a range of problems – from specific mental health problems to stress to difficulties in relationships with others. They offer individual and group sessions as well as workshops which are designed to help you build skills to cope with the demands of university. Topics have included mindfulness, perfectionism and overcoming panic. Their website also includes useful resources and podcasts on topics including sleep, stress management, healthy eating and time management.

### Your Personal Tutor

You will receive an email during your first week telling you who your personal tutor is and about their role. Although it may feel daunting to talk about physical or mental health problems with your tutor, their role as your personal tutor is to be helpful and understanding.

### The Oxford SU Student Advice Service

The Student Advice Service, an advice, information, and advocacy service run by a full-time Manager, and two part-time Advisors, can listen and advise you on any matter. Drop in sessions are held in term time at **Oxford Student Union, 4 Worcester St, OX1 2BX, Monday to Thursday, 10am to 4pm.**

**Website:** [www.oxfordsu.org/wellbeing/student-advice/](http://www.oxfordsu.org/wellbeing/student-advice/)

**Email:** [advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)

**Telephone:** **01865 288466**

### Further Help, Advice and Support Outside of College/University – Mental Health

The following helplines are external resources that may be of use to you at some point during your university experience. Don't worry if you don't know which resource is best, we've put lots in so that there would be something for everyone. We think **Samaritans** and **Nightline** are the most universal, but you can also always ask any member of the **College Welfare Team (pg.3-6)** if you are in any doubt.

#### Samaritans

The Samaritans is an anonymous, confidential listening service. You can share any problem with someone who has been specially trained in sensitive listening and support, who will provide a space for you to talk through your problem and explore your options.

**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk) **E-mail:** [jo@samaritans.org](mailto:jo@samaritans.org) **Phone:** **116 123 (24-hour helpline)**

#### Nightline

Nightline is an anonymous, confidential listening and information service run by students for students. There are always two people in the office, one male and one female, who take hundreds of calls every year from Oxford students who need some external, impartial support. You can share any problem with someone who has been specially trained in sensitive listening and support and who understands what it is like to live and study in Oxford.

**Website:** [www.oxfordnightline.org](http://www.oxfordnightline.org) **(web chat same time as helpline)**

**Phone:** **01865 270 270 (daily during term time – 0th to 9th week inclusive, 8pm to 8am)**

#### Mind

**Website:** [www.mind.org.uk](http://www.mind.org.uk) or [www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)



*Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) or 01865 247788 (for Oxford Mind, Monday to Thursday 9:30am to 4:30pm, and Friday 9:30am to 4pm)*

**PAPYRUS – Suicide Prevention**

*Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)*

*Phone: 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends)*

**CALM – Men (15-35)**

*Website: [www.thecalmzone.net](http://www.thecalmzone.net)*

*Phone: 0800 58 58 58 (daily, 5pm to midnight)*

**Anxiety UK**

*Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)*

*Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)*

**No Panic – Panic Attacks**

*Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)*

*Phone: 0844 967 4848 (daily, 10am to 10pm)*

## Supporting a Friend

Students normally talk first to their friends when they're having a hard time. Here are some tips for supporting a friend, taken from [www.studentminds.org.uk/look-after-your-mate.html](http://www.studentminds.org.uk/look-after-your-mate.html).

### Have the conversation

Don't be afraid to start the conversation about your friend's difficulties. Pick a private place where you will both be relaxed and a time when you're both free. Listen actively and try explaining your friend's problems back to them to check that you understand. Ask open questions such as "What was that like?" and "How did it feel when..." but avoid "why" questions as they can sound aggressive. Avoid giving advice as this can make them feel trapped.

### Respect your friend's confidentiality

The exception is if they are in danger of hurting themselves or others – then it is important to tell a member of the welfare team or a healthcare professional.

### Understand your friend's mental health problems

People with mental health problems often have experiences or behaviours that are difficult for others to understand. You can help overcome this by learning about your friend's mental health problems on sites such as NHS Choices or Mind. Appreciate that unhealthy behaviours such as drug or alcohol abuse, self-harming or eating disorders can be your friend's way of coping with other problems.

### Know where to get more help

Your friend may not have read the welfare book, so it is important that you make them aware of the support offered. If they are contemplating committing suicide imminently – i.e. they have a clear suicide plan and the means to carry it out, even if they say they won't – do not leave them alone at any point. Call **999** or escort them to the **John Radcliffe Hospital (pg.7)** and remove anything dangerous from their vicinity, such as pills, knives, razors, scissors and cords of any sort. You can also call the **Porters' Lodge** (pg. 5) or **Junior Deans** (pg. 5) who can help you with all of this. If you are contemplating suicide, you can also seek help from these resources. If your friend starts to profess irrational beliefs (delusions) and/or hallucinate, they may have a condition called psychosis. If this happens, make sure they see a doctor soon as they could hurt themselves and early intervention is important.

### Take care of yourself

It's important to maintain boundaries. Help your friend find other supporters if they are depending too much on you or want to talk about topics you aren't comfortable discussing. If you are worried about them, you can talk about it to someone you trust, protecting your friend's confidentiality by

maintaining their anonymity and speaking to someone who doesn't know the friend, such as a **peer supporter (pg.6)**!

## Safe Sex

Safe sex means becoming informed about the risks of sex so that you can avoid putting yourself or your partner at risk of unwanted pregnancies (for heterosexual pairings) or STIs. To help you start getting informed about how to practice safe sex, we've made a 5-step guide...

### 1. Being Informed

Safe sex starts with getting informed by doing your own research on topics relevant to your own sexual health. This is important because sexual health risks are different for different genders, sexualities, races and local areas. We recommend using the NHS Choices website as a starting point at [www.nhs.uk/Livewell/Sexualhealthtopics/](http://www.nhs.uk/Livewell/Sexualhealthtopics/). The Oxfordshire Sexual Health Clinics offer confidential walk-in clinics, bookable appointments (see opening times on website) and other useful sexual health services. They provide emergency contraception, testing and treatment for STIs and advice on safe sex. They can also provide contraception fitting and pregnancy/termination advice. The closest clinic to us is at the **Churchill Hospital**, its details can be found below:

#### **GUM (Genitourinary Medicine) Clinics – Churchill Hospital**

**Address:** Churchill Hospital, Old Road, Headington, OX3 7LE

**Website:** [www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk)

**Phone:** 01865 231231 (1.30pm to 5.30pm Monday to Thursday, and 1.30pm to 3.30pm on Friday)

### 2. Using Contraception

Most people having heterosexual sex need to use contraception if they don't want the biologically female partner to become pregnant. Everyone should read up on the 15 different types of contraception and discuss the decision with their **GP (pg.7)** to make an informed choice. Contraceptives can be requested from the JCR for free by going to the **Facebook JCR Noticeboard** and filling out the form attached to the pinned post at the top. Alternatively, you can sign up for a c-card at [www.oxfordshireccard.org.uk/free-condoms/](http://www.oxfordshireccard.org.uk/free-condoms/) to get free condoms. The (male) condom is 98% effective with perfect use but only 82% effective with typical use as people often use or store them incorrectly. The condom is the only contraceptive method which also protects against STIs. The combined pill and progesterone-only pill are also highly effective with perfect use (99%), but much less effective with typical use (91%) as people often fail to follow the instructions. It can be prescribed by your GP. Long-acting reversible contraception (LARC) is contraception which is administered by a doctor or nurse and then works for a long time. LARC is by far the most effective in terms of actual use. Types of LARC include the contraceptive implant, contraceptive injection, IUS and IUD. These can be prescribed by your GP. To get the maximum efficacy of contraception, it must be used consistently and correctly every time you have vaginal or anal intercourse. You can increase the efficacy further by using dual protection – a condom plus one other form of contraception. The Family Planning Association (FPA) has a fantastic, thorough guide to contraception at [www.fpa.org.uk/help-and-advice/contraception-help](http://www.fpa.org.uk/help-and-advice/contraception-help).

### 3. Using Protection Against STIs

A sexually transmitted infection/disease (STI/STD) is an infection transmitted by exchange of body fluids such as semen, physical contact with another person's genitals or even skin-to-skin contact. They are very common among young people – over half of the 435,000 STIs diagnosed in heterosexuals in England in 2015 occurred in 16-24 year olds. STIs can cause anything from mild itches to permanent disability and even death. However, most STIs are easily preventable by using protection. This means using condoms and/or dental dams during sex where body fluids could be exchanged which includes

oral, anal and vaginal sex. Even if you are on another form of contraception, you and your partner will need to use protection until you have both tested negative for STIs. Many people do not like using condoms or dental dams for oral sex; in this case, you may consider avoiding oral sex with partners who have not been tested for STIs.

#### 4. Testing Regularly for STIs

You should get tested for common STIs every time you change sexual partner or at least once a year—even if you are having safe sex. This is because STIs often do not cause obvious symptoms. You may want to test more frequently if you are in a high-risk group such as men who have sex with men (see FAQs). Additionally, you should test after taking part in unsafe sexual activity or if you experience symptoms of an STI. You should also encourage any regular partners to get tested. To get tested for STIs you can visit the **Churchill Hospital Sexual Health Clinic (pg.10)**. You can also request self-test STI kits free from the JCR by filling in the online sexual health supplies form on the **JCR noticeboard description**. Alternatively, the Chlamydia Testing Scheme can send a test kit discreetly to you if you would rather not go to a clinic or via the JCR, just use [www.ocsp.org.uk](http://www.ocsp.org.uk) to request one. For information about what to expect from your sexual health appointment, check out the NHS Choices guide at [www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx](http://www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx).

#### 5. Managing Your Risk

All sexual activity carries some level risk. Further steps you can take to reduce your and your partner's risk include:

- Making plans for keeping sex safe in advance if you are going to drink alcohol
- Reducing your number of sexual partners
- Asking your partners to be exclusive with you (not have sex with anyone else)
- Avoiding higher-risk sexual activities, such as anal sex
- Avoiding physical sexual activity altogether

Of course, not everyone will want to take all of these steps. Getting educated can help you make informed decisions and manage your risk.

#### FAQ's

##### What do I do after an unsafe sexual encounter?

After a sexual encounter where protection failed or was not used, it is important to either take a chlamydia test or go to the **Churchill Hospital Sexual Health Clinic (pg.10)** to get tested for both chlamydia and gonorrhoea. However, if you are in a high-risk group such as gay and bisexual men, you should get a full test. If there is a risk you may have been exposed to HIV, you should contact sexual health services or go to the **John Radcliffe Hospital (pg.7)** as soon as possible to access post-exposure prophylaxis, a treatment which can greatly reduce your risk of contracting HIV. If you are a biological female who had an unsafe heterosexual encounter without contraception or where contraception failed, you can take the morning after pill or have an IUD inserted to prevent pregnancy occurring.

##### How do I get the morning after pill?

The morning after pill can prevent pregnancy from occurring after an unsafe encounter. It is more effective the sooner it is taken and must be taken within 72 or 120 hours of the sexual encounter (depending on the brand). The morning after pill can be prescribed by a **GP** or alternatively purchased from a pharmacy. The **Boot's pharmacy** on [Cornmarket Street](#) and the **Chemists at 59 Woodstock Road, Oxford, OX2 6HJ, are part of a scheme to offer it free to under 21s. The JCR can reimburse you if you keep the receipt. There is a myth that the morning after pill works by preventing the fertilised egg from implanting but the evidence available suggests this does not occur. While scientists cannot be 100% sure of all the effects, the evidence available suggests it delays ovulation, just like the regular pill.**

How do you put on a condom?

We recommend this fantastic guide by planned parenthood: [www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on](http://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on).

Is safe sex the same for LGBTQ+ people?

LGBTQ+ people have different safe sex needs from heterosexuals. In particular, gay and bisexual men (often called men who have sex with men or MSM in healthcare) have much higher incidences of HIV and other STIs than other groups. MSM make up only a few percent of the male population yet represented 72% of gonorrhoea, 88% of syphilis and 69% of HIV cases diagnosed in males in England in 2015. The NHS Choices website has some really helpful LGBTQ+ health information at [www.nhs.uk/Livewell/LGBhealth/Pages/Gayandlesbianhealth.aspx](http://www.nhs.uk/Livewell/LGBhealth/Pages/Gayandlesbianhealth.aspx).

## Sexual Assault

**Sexual assault is any type of sexual activity or conduct that you do not consent to.**

How to Report Sexual Assault

First and most importantly, make sure you talk to someone, when or if you feel ready to. Remember that you have done absolutely nothing wrong! Whatever you are feeling is completely normal.

Your friends, family, the Peer Supporters (pg.6), Counselling Service (pg.8), GP (pg.7) and the Sexual Assault/Harassment Services (pg.14) are all there to support you! The Welfare Officer, Jo Ockwell (pg.3), and the Junior Deans (pg.5) are trained First Responders to sexual assault in college, and they will be best equipped to support, help and advise you. The whole Welfare team (pg.3-6) are there to listen in a safe, non-judgemental way, and anything discussed will remain completely confidential. They will also be able to find resources and help you decide how to proceed if you decide to.

If you choose to report an assault there are many options open to you. You can report to the police by calling 999, 101 or 01865 841148, which is the number for the Thames Valley Police at St. Aldates. You can also use the sexual assault/harassment dedicated services (pg.14). However, these options may be a little daunting. You can instead or also contact a Sexual Assault Referral Centre (SARC). This is a government service providing support to survivors of rape or sexual assault, such as interviews, examinations, counselling and advice on making an informed decision about what you want to do next, regardless of whether you report the offence to the police or not. You can take a friend or someone from the College Welfare Team (pg.3-6) with you, and ask the Porters (pg.5) for a free taxi.

**SARC Bicester**

**Address:** Solace Centre, Police House, Queen's Avenue, Bicester, Oxfordshire, OX26 2NT  
**Phone:** 0300 130 3036

Further Help, Advice and Support Outside of College/University – Sexual Assault

Don't worry if you don't know which resource is best, again, we've included lots so that there would be something for everyone. Just use the one that feels most appropriate for you.

**Oxford Sexual Abuse & Rape Crisis Centre (OSARCC) – Women**

The Oxford Sexual Abuse and Rape Crisis Centre (OSARCC) is another hugely supportive alternative that can take you through your options clearly. They can help supporters of survivors of sexual assault and collect evidence should you choose to speak to the police later.

**Address:** 3 Woodin's Way, Oxford, OX1 1HD **E-mail:** [ocf@oxfordshire.org](mailto:ocf@oxfordshire.org)  
**Website:** [www.oxfordrapecrisis.net](http://www.oxfordrapecrisis.net) or [www.oxfordshire.org/project/osarcc/](http://www.oxfordshire.org/project/osarcc/)

**Phone: 01865 178 666 (Monday to Friday, 9am to 5pm)**

#### **Survivors UK – Men**

**Website: [www.survivorsuk.org](http://www.survivorsuk.org) (web chat Monday to Sunday, 12pm to 8pm)**

**Phone: 02035983898**

#### **Anti-Violence Project – LGBTQ+**

**Website: [www.avp.org](http://www.avp.org)**

**Phone: 212 714 1141 (24-hour helpline)**

#### **It Happens Here**

This is a campaign which raises awareness about sexual assault and rape in the University. The co-chairs are contactable via the above email address.

**Website: [ithappenshereoxford.wordpress.com](http://ithappenshereoxford.wordpress.com)**

**Email: [ithappenshere@ousus.ox.ac.uk](mailto:ithappenshere@ousus.ox.ac.uk)**

## Harassment and Discrimination



#### **The Dean – Simon Kemp**

The Dean is a member of the college's Governing Body with responsibility for discipline, in order to maintain an atmosphere of mutual respect among our student community and ensure that Somerville is a safe, fair and welcoming place for all our students to live and work. In the coming year, the Dean will be Prof Simon Kemp until the end of December, and Prof Beate Dignas from January. The Dean is supported by Karen Mason. They can be contacted at [deans.office@some.ox.ac.uk](mailto:deans.office@some.ox.ac.uk) for any problems or complaints.

#### **Types of Harassment**

**Harassment related to a protected characteristic:** Unwanted offensive behavior by a person towards another based on an individual's age, disability, gender or gender reassignment, marital status, pregnancy or maternity, race, religion or beliefs, or sexual orientation.

**Sexual Harassment:** Unwanted offensive behavior of one person towards another of a sexual nature. Examples might include making provocative suggestions, unnecessary physical contact, jokes of a sexual nature, suggestions of sexual contact.

**Bullying:** Bullying is unwanted, aggressive behavior of one person towards another. Examples of bullying might include making threats, spreading rumors, physical or verbal abuse, or deliberate exclusion of an individual from a social group.

**Stalking:** Stalking is unwanted obsessive or persistent behavior of one person towards another. The unwanted behavior may be in person, or via another means such as email or contact via social media. Behavior that may seem normal can cause distress to a victim if it is persistent, for example, repeated messaging on social media.

#### **Where to go in College**

If you believe that you have been, or are, experiencing harassment you can contact a member of the College's Advisory Committee on Harassment. The Committee consists of six members: two elected by Governing Body (one male, one female, at least one being a member of Governing Body); two members (one male, one female) of the Middle Common Room Committee; and two members (one male, one female) of the Junior Common Room Committee. You can find the college's harassment policy at [www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/](http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/). The **Dean (pg.13)** or **Senior Tutor (pg.4)** will put you in contact details with the Harassment Advisors.



## Where to go outside of College, but within the University

### University Harassment Line

You can find the Oxford University procedure for dealing with all types of harassment at [www.ox.ac.uk/students/welfare/harassment?wssl=1](http://www.ox.ac.uk/students/welfare/harassment?wssl=1). If you would like to speak to a trained harassment advisor who is not a member of your college, you can contact the harassment line. The Advisors are members of the University Harassment Advisory Network.

**Website:** [www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/](http://www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/)

**E-mail:** [harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk)

**Phone:** 01865 270760

## Where to go outside of the College and University

### Citizens Advice

**Address:** 95 St Aldates, Oxford, OX1 1DA

**Website:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Phone:** 03444 111 444

### Support Line

Support Line is a confidential telephone helpline offering emotional support to any individual on any issue, including advice and support on stalking and harassment. Look up 'Stalking and Harassment' from the list of issues they can help with.

**Website:** [www.supportline.org.uk](http://www.supportline.org.uk)

**Phone:** 01708 765200

## How to report Discrimination

If you feel that you have been the victim of discrimination of any kind by a member of the college, you can report this to the **Dean** at [deans.office@some.ox.ac.uk](mailto:deans.office@some.ox.ac.uk). If the discrimination occurred outside of college, contact the University's Equality and Diversity Unit for advice at: [www.admin.ox.ac.uk/eop/](http://www.admin.ox.ac.uk/eop/)

## Criminal Offences

It rarely happens, but if you're unfortunate and become the victim of, or witness to crime there is help and support out there for you. Call **999** or **101** (Thames Valley Police Non-emergency number) or visit [www.thamesvalley.police.uk](http://www.thamesvalley.police.uk) to report a crime. **Security Services** can be reached **24 hours a day** at **01865 (2)72944 or (2)89999 in an emergency** and you can report crime via their website [www.admin.ox.ac.uk/ouss](http://www.admin.ox.ac.uk/ouss). If you have been the victim of a crime but you don't want the police to be involved, you can talk about it to any members of the **College Welfare Team (pg.3-6)**. We promise to listen without judging and won't pressure you to report it to the police if you aren't ready to, or never want to. You can also phone **Victim Support** at **0808 168 9111 (24-hour helpline)** or visit their website [www.victimsupport.org](http://www.victimsupport.org).

## Women and Gender Minorities

### The JCR Women's Officer – Phoebe Hyun

Hi there! I'm Phoebe Hyun (she/her), an Ancient and Modern History student and women's officer for Somerville this year. I'm here to help you with any concerns or queries regarding gender-related issues at Somerville College, and Oxford University as a whole. If you are facing any problems, such as discrimination or harassment, you are more than welcome to reach out to me. You can usually find me on the Quad, in Terrace, or the library; you can also message/e-mail me. Please let me know if you are feeling uncomfortable in any way or need a listening ear! Everything you share with me will be strictly confidential. I could also point you to other sources of help or information found within and out of College. My duties also include the provision of free sanitary products (found in the JCR) as well as hosting talks and events regarding gender equality. I am honored to serve as women's officer for this year and hope to make Somerville as friendly and safe as possible for everyone! My e-mail address is [joo.hyun@some.ox.ac.uk](mailto:joo.hyun@some.ox.ac.uk); reach out anytime about anything. Hope to meet all of you soon!



### Women's Things. The Sanitary Product Scheme

#### The Ideas Behind It

The JCR is very excited to be able to provide free sanitary products to Somerville JCR students. Having to buy such products every month is an annoying yet inevitable necessity for those who have periods. This scheme hopes to provide welfare support during what already is an annoying and painful 'time-of-the-month' by taking the pressure off having to buy these products yourself. Furthermore, the JCR hopes that by making access to these products more public and open, we will be able to remove any stigma surrounding periods. By actively providing these products, we further emphasize that periods are natural, ordinary, and not taboo. Hopefully, these efforts will allow Somervillians to feel more comfortable not only when collecting these products, but also when discussing their period and related problems with others.

#### How It Works

Pads (thin, regular and maxi) and tampons (slim, regular, super) are always available throughout the term. Menstrual cups (aka moon-cups) are also provided; however, as fewer students use these, they are only available on a pre-order basis. Sanitary products can be accessed in two main ways. There is a box in the JCR where pads and tampons are kept, open to everyone for free. There is also a pigeon-hole system: you can place orders via a form on the Facebook JCR noticeboard, and I will deliver them weekly to your pigeonhole. Don't worry — only I will know the names of those who use this system, and this information will be confidential. I will also try to wrap the products as much as possible before delivering them but given size restrictions this may not always be possible. If anyone has any ideas or questions on this, I am more than happy to hear from you, please do not hesitate to get in touch!

### Further Help, Advice and Support at the University – Women and Gender Minorities

#### WomCam (Women's Campaign)

**Website:** [www.womcamoxford.wordpress.com](http://www.womcamoxford.wordpress.com)

WomCam (Women's Campaign) is a 'feminist society that organizes events, raises awareness of issues and creates a platform for feminist discussion'.

#### Oxford SU Vice-President for Welfare & Equal Opportunities

**E-mail:** [vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

#### Oxford SU Vice-President for Women

**E-mail:** [vpwomen@oxfordsu.ox.ac.uk](mailto:vpwomen@oxfordsu.ox.ac.uk)

#### Oxford SU Women's Campaign Officer

**E-mail:** [womensofficer@oxfordsu.ox.ac.uk](mailto:womensofficer@oxfordsu.ox.ac.uk)

Further Help, Advice and Support outside the University – Women/Gender Minorities  
**Women's Aid** Website: [www.womensaid.org.uk](http://www.womensaid.org.uk) Phone: 0808 2000 247 (24-hour helpline)  
**Oxford Women's Counselling Service** Website: [www.oxwcc.co.uk](http://www.oxwcc.co.uk)

## LGBTQ+ Community

LGBTQIAP+ (LGBTQ+) stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and Pansexual. They are descriptive terms chosen by people to describe or define their sexuality or gender identity. However, there are people who perceive these descriptors as constraining and opt not to use them. There are also other sexualities/gender identities not in the acronym; these can be found in the glossary. There is a strong and welcoming LGBTQIAP+ presence in Somerville willing to provide advice, company and help to any who may need it.

### The JCR LGBTQ+ Officer – Ari Warrington

Hello! I'm Ari Warrington, a second-year German and Linguistics student, and I use he/him pronouns. My job as LGBTQ+ officer is to make sure that everyone feels welcomed, respected and supported in the JCR, regardless of sexual or romantic orientation, or gender identity. Together with Richard and Ed, our fantastic Rainbow Entz team, throughout the year we'll be running social events for the LGBTQ+ community and allies in college, so make sure to stay tuned for that! If you have any concerns about being LGBTQ+ at university, in college, or anything else, feel free to get in touch, and I'll help you as best I can. Looking forward to meeting you all! My email is [ari.warrington@some.ox.ac.uk](mailto:ari.warrington@some.ox.ac.uk).



### Further Help, Advice and Support at the University – LGBTQ+ Community

**Rainbow Peers** Facebook: [www.facebook.com/rainbowpeers/](https://www.facebook.com/rainbowpeers/)

These are a group of peer supporters who identify as LGBTQ+ who can support people from their own or other colleges.

**Oxford University LGBTQ Society** Website: [www.oulgbtsoc.org.uk](http://www.oulgbtsoc.org.uk)

The society runs LGBTQ+ events including club nights and chilled out brunches across the Oxford colleges. Its committee also includes asexual, bisexual/pansexual and trans welfare officers, alongside its women's/men's welfare officers.

**Oxford SU Vice-President Welfare & Equal Opportunities** E-mail: [vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

### Further Help, Advice and Support Outside of University – LGBTQ+ Community

**Oxford Friend LGBT+ Helpline** Website: [www.oxfordfriend.co.uk](http://www.oxfordfriend.co.uk)

This local volunteer-run organization offers counselling for Oxford's LGBT+ community.

**Switchboard LGBT+ Helpline** Website: [www.switchboard.lgbt](http://www.switchboard.lgbt)

**The Metro Centre** Website: [www.metrocentreonline.org](http://www.metrocentreonline.org)

**Beaumont Society** Website: [www.beaumont-trust.org.uk](http://www.beaumont-trust.org.uk)

Phone: 01582 412220 (24-hour information line) or 07000 287878 (24-hour helpline)

**LGBT Foundation** Website: [www.lgbt.foundation](http://www.lgbt.foundation) E-mail: [info@lgbt.foundation](mailto:info@lgbt.foundation)

**Stonewall** Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

## International Students

### The JCR International Students' Officer – Anca Balaoi

Hi, I'm Anca Balaoi (she/her), a second-year Mathematics & Computer Science student from Romania and your International Students' Officer this year! Somerville is a really friendly and vibrant place and I am here to help with any concerns, problems or questions, from fitting your life into a couple of suitcases (I'm still struggling) to opening a bank account or coping with feeling homesick. I'll be around college if you want to ask anything – don't hesitate to come to me or message me at [anca-maria.balaoi@some.ox.ac.uk](mailto:anca-maria.balaoi@some.ox.ac.uk), no matter how big or small the issue is, and I will try to offer you my best advice or point you in the direction of useful information. I am also going to be running events in college so please keep an eye out for information about that. I look forward to meeting you all!



### Further Help, Advice and Support at College – International Students

**JCR or MCR International Officers**      **Website:** [blogs.some.ox.ac.uk/jcr/blogs.some.ox.ac.uk/mcr/](https://blogs.some.ox.ac.uk/jcr/blogs.some.ox.ac.uk/mcr/)

### Further Help, Advice and Support at the University – International Students

**Oxford SU Vice-President for Graduates**      **E-mail:** [vpgraduates@oxfordsu.ox.ac.uk](mailto:vpgraduates@oxfordsu.ox.ac.uk)

The OUSU Vice-President for Graduates represents international students' interests to the University.

**Oxford SU International Students' Campaign**      **E-mail:** [iscchair@oxfordsu.ox.ac.uk](mailto:iscchair@oxfordsu.ox.ac.uk)

The Oxford SU International Students' Campaign runs events to bring international students together. They can also advise on any issues particularly faced by international students.

**Oxford University Student Information and Immigration Team**

**Website:** [student.information@admin.ox.ac.uk](mailto:student.information@admin.ox.ac.uk) or [student.immigration@admin.ox.ac.uk](mailto:student.immigration@admin.ox.ac.uk)

The Student Information and Immigration Team offer help and advice to all students. They are experts at advising on visa issues, working whilst in the UK on a student visa, travelling abroad whilst in the UK on a visa, as well as offering advice on police registration. And just a word on bank accounts: there will be plenty of time to open one. You can easily sort it out after you have arrived!

## Access and Admissions

### The JCR Access and Admissions Officer – Daisy Makin

Hi, I'm Daisy, I'm a second-year physics student, and I'm your Access and Admissions Officer! I've loved my time at Somerville so far, and I'm really looking forward to welcoming everyone here in October as Freshers' Pres. Feel free to come and chat to me if you've got any concerns about college life, especially if they're financial or social background related. Oxford has come a long way in terms of widening access, but it's fair to say there's still a long way to go. If you want to get involved in helping improve the diversity of Oxford's students', there are lots of opportunities and we're always keen to recruit new students – for more info on Student Ambassador opportunities in College get in touch! My email is [daisy.makin@some.ox.ac.uk](mailto:daisy.makin@some.ox.ac.uk).





## Further Help, Advice and Support at the University – Access and Admissions

**Oxford First Gen Society**

**Website:** [www.facebook.com/oxfordfirstgen/](https://www.facebook.com/oxfordfirstgen/)

**Target Oxbridge**

**Website:** [www.targetoxbridge.co.uk](http://www.targetoxbridge.co.uk)

**Target Schools**

**Website:** [www.oxfordsu.org/communities/targetschools/](http://www.oxfordsu.org/communities/targetschools/)

**Student Union 'Class Act' campaign**

**Website:** [www.oxfordsu.org/campaigns/ClassAct/](http://www.oxfordsu.org/campaigns/ClassAct/)

**Vice President Access and Academic Affairs (Ray Williams)**

**E-mail:** [vpaccaff@oxfordsu.ox.ac.uk](mailto:vpaccaff@oxfordsu.ox.ac.uk)

**College Accountant (for any financial concerns)**

**E-mail:** [college.accountant@some.ox.ac.uk](mailto:college.accountant@some.ox.ac.uk)

**OXFEST**

**Website:** [www.ox-fest.org](http://www.ox-fest.org)

## Ethnicity and Faith

If you have any ethnicity or faith-based concerns or generally want to chat about anything to do with these issues, then feel free to come and speak to the **JCR BAME Rep**. If you are looking to get involved in any cultural societies during your time at Oxford, then a list of these can be found by selecting cultural/national at [www.ousu.org/freshersfair/clubs-societies](http://www.ousu.org/freshersfair/clubs-societies). You could also join **CRAE (Campaign for Racial Awareness and Equality)** at [www.oxfordsu.org/campaigns/crae/](http://www.oxfordsu.org/campaigns/crae/). CRAE is open to everyone regardless of ethnicity or faith. CRAE meets once a week and it's a really great space to discuss concerns and thoughts about race and work out how to make Oxford as inclusive as possible.

### The JCR Ethnic Minorities' Officer – Talisha Ariarasa

Hiya! My name is Talisha Ariarasa (she/her) and I am the Ethnic Minorities Officer at Somerville College. My role is to both represent and protect the interests of BAME students within Somerville. It is every student's right to feel comfortable, accepted and valued in college and it is my job to ensure that happens for BAME students. Oxford is different, there is truly no other place like it. When I first came, as a BAME student with a complicated background – I thought I would find it hard to fit in. Oxford can be a culture shock. Having finished my first year, I can happily say that was not the case. Somerville is a friendly and welcoming place and combined with BAME socials, societies and workshops I was able to retain my cultural identity whilst embracing the amazement of Oxford. BAME students have the opportunity to thrive at Somerville, I am here to help make that happen. If you have any BAME related concerns, issues or just want general advice, please come talk to me for a confidential chat or email me at [talisha.ariarasa@some.ox.ac.uk](mailto:talisha.ariarasa@some.ox.ac.uk)! Whether it's societies, club nights (trust me this was one of my first questions) or university work, nothing is too trivial. Make sure you join the Somerville BAME community Facebook page where all things BAME get posted including fun events from me :) Excellence is excellence, regardless of who you are or where you're from and that is something I have felt at Somerville – I hope you do too.



## Further Help, Advice and Support at the University – Ethnic Minorities

**Oxford SU Anti-Racism Officer**

**E-mail:** [bme@oxfordsu.ox.ac.uk](mailto:bme@oxfordsu.ox.ac.uk)

**Oxford Black Students Union**

**Website:** [www.facebook.com/groups/822794731107681](https://www.facebook.com/groups/822794731107681)

**Equality and Diversity**

**Website:** [www.admin.ox.ac.uk/eop/](http://www.admin.ox.ac.uk/eop/)

**Oxford SU Vice President for Welfare and Equal Opportunities**

**E-mail:** [vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

**Peers of Color**

**Facebook:** [www.facebook.com/oxunipoc/](https://www.facebook.com/oxunipoc/)

A group of BME peer supporters who can support people from their own or other colleges.

**Oxford ACS**

**Facebook:** [www.facebook.com/OxACS/](https://www.facebook.com/OxACS/)

**Oxford BAME Known strangers**

**Facebook:** [www.facebook.com/groups/knownstrangersoxford/](https://www.facebook.com/groups/knownstrangersoxford/)

**Oxford BAME drama society**

**Facebook:** [www.facebook.com/OxBAMEdrama/](https://www.facebook.com/OxBAMEdrama/)



## Disabilities

### The JCR Disabilities Officer – Joel Summerfield

Hello! My name is Joel Summerfield (he/him), a third-year Mathematician, and I am the JCR Disabilities Officer at Somerville. My role is to provide support and assist anyone with accessing resources and help they need to ensure they can study at their best and happiest whilst here at Oxford. “Disabilities” can cover a wide array of conditions, both mental and physical, both visible and invisible; everyone has different requirements, but there is support available within Somerville and at the University level. Have a look at some of the support links and contacts if you feel you need some support whilst at University. The community of students is also amazing (both within Somerville and across the whole University), with numerous supportive people to discuss common issues with. There is also a secret Facebook group for students with Disabilities at Somerville (just send me a message if you would like to be added). Welfare is extremely important here, and I will be holding drop-in sessions every other week in college – so if you have any questions or just want to talk to someone about anything Disabilities related then feel free to come along or email me at [joel.summerfield@some.ox.ac.uk](mailto:joel.summerfield@some.ox.ac.uk).



### Further Help, Advice and Support at the College – Disabilities

The most obvious person to talk to about disability is the college’s **Welfare Officer and Disability Co-ordinator, Jo Ockwell (pg.3)**. Jo can offer advice about disability support and reasonable adjustments. She can also put you in contact with the **Disability Advisory Service (DAS)**, who are the experts in supporting students with disability.

### Further Help, Advice and Support at the University – Disabilities

#### Disability Advisory Service (DAS)

The DAS offers support and advice for students with disabilities, including offering learning support, mental health advice, support for those with sensory and mobility impairments, health conditions, and autistic spectrum conditions. The DAS may be able to help you apply for funding, such as the Disabled Student Allowance, which might cover costs for specialist equipment. Their website provides a wealth of information.

**Address:** 3 Worcester Street, Oxford, OX1 2BX

**Website:** [www.ox.ac.uk/students/shw/das](http://www.ox.ac.uk/students/shw/das)

**Oxford SU Vice-President for Welfare & Equal Opportunities**

**Oxford Students’ Disabled Community**

**Phone:** 01865 280459

**E-mail:** [disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)

**E-mail:** [vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

**Facebook:** [www.facebook.com/groups/OxfordDisabilities/](https://www.facebook.com/groups/OxfordDisabilities/)

### FAQ’s

#### How to Request Alternate Arrangements/an Assessment for a new Disability

For assessing mental and physical health disabilities, the best thing to do is to make an appointment with the **Disability Advisory Service (see above)**; this service can also be used to request alternative exam arrangements. When requesting alternative exam arrangements, for physical or mental health disabilities, a letter from the college doctor detailing which arrangements are needed will also suffice. This will need to be sent to **Jo Ockwell** [welfare.officer@some.ox.ac.uk](mailto:welfare.officer@some.ox.ac.uk), who has been advising students about alternative arrangements and disability assessments for years! More details are available here:

[www.ox.ac.uk/students/academic/exams/arrangements?wssl=1](http://www.ox.ac.uk/students/academic/exams/arrangements?wssl=1)

## Academic Affairs

It can be intimidating coming to Oxford with the ideas of expectations of a heavy workload. Be assured that your workload will be manageable and you will still be able to have a social life and sleep! If you are struggling, it is important to speak to your **Personal Tutor (pg.8)** or the **Senior Tutor (pg.4)**. If you have underlying health or personal problems that are affecting your ability to satisfy your academic commitments, they need to know about it! It's the only way they can help.

### The JCR Academic Affairs Officer – Hamza Rana

Hey! I'm Hamza Rana, a second-year English student, and I will be the Academic Affairs Officer at Somerville this year. I'm here to ensure that everyone feels fully supported with the work that they're being set. I also deal with any matters regarding the library and ensure that the correct resources are available for students to be on top of their studies. If you need some advice regarding essays, problem sheets or tutors, or if you have any academic complaints or suggestions, please don't hesitate to drop me a message – my email is [hamza.rana@some.ox.ac.uk](mailto:hamza.rana@some.ox.ac.uk). If I can't deal with any issues personally, I will communicate them to key members of staff, whilst preserving your anonymity. I look forward to seeing you around this year!



### Further Help, Advice and Support at the College – Academic Affairs

#### The Undergraduate Handbook

**Website:** [www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/](http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/)

Information about the academic expectations and disciplinary procedures in college.

#### University of Oxford website

**Website:** [www.ox.ac.uk/students/academic](http://www.ox.ac.uk/students/academic)

Useful links to study guidance, examination and assessment information and policies.

#### University Regulations

**Website:** [www.ox.ac.uk/students/academic/regulations](http://www.ox.ac.uk/students/academic/regulations)

#### Oxford SU Vice-President for Access & Academic Affairs

**E-mail:** [access@oxfordsu.ox.ac.uk](mailto:access@oxfordsu.ox.ac.uk)

### FAQs

#### How to Request Mitigating Circumstances in Exams

Many different things can be considered as a factor affecting your performance in examinations, although most often it is illness. You should speak to Jo Ockwell [welfare.officer@some.ox.ac.uk](mailto:welfare.officer@some.ox.ac.uk), about this. She will advise you on what you need to do. Also, see: [www.ox.ac.uk/students/academic/exams/guidance?wssl=1](http://www.ox.ac.uk/students/academic/exams/guidance?wssl=1)

#### How to Register a Complaint Against a Tutor

The **Senior Tutor (pg.4)** is the main person to approach should you have a complaint about a tutor. Alternatively, you can approach **Jo Ockwell (pg.3)**, your **Personal Tutor (pg.8)**, or another tutor you trust. Feel free to bring a friend with you! The **College Welfare Team (pg.3-6)** would be happy to help you with this or do it anonymously on your behalf if necessary. For out-of-college complaints, and general procedure, refer to [www.ox.ac.uk/students/academic/complaints?wssl=1](http://www.ox.ac.uk/students/academic/complaints?wssl=1). The most important thing is to remember that you won't be penalized or discriminated against for making a complaint, and all complaints will be treated with confidentiality.

#### How to Apply for a Suspended Status

The first step if you are considering suspending status (or rustication, as is the commonly used term) is to chat to your friends and family, but also your tutors. You can also talk to any member of the

**College Welfare Team (pg.3-6)**, or anyone you can confide in or feel comfortable talking to! Remember that this is a big decision, and there are other options available. **Jo Ockwell** is an expert on suspension of status so she's the best person to discuss it within college. More info can be found here: [www.ox.ac.uk/students/academic/guidance/undergraduate/status?wssl=1](http://www.ox.ac.uk/students/academic/guidance/undergraduate/status?wssl=1)

## Housing

### The JCR Domestic Officer – Lauren Eddie

Hello, I'm Lauren, a 2nd year Biologist. As Domestic officer my role is to be the point of contact for members of the JCR for anything relating to the college facilities, these include: booking camp beds, food in halls, the bar, the gym, health and safety, JCR photocopier, televisions, accommodation, and finally the room ballot. Any questions you might have about how anything in college works then just chat to me. Luckily for you (and me) college can now provide accommodation for all your time in college but if you are thinking of living out optionally and have any questions then feel free to talk to me: [lauren.eddie@some.ox.ac.uk](mailto:lauren.eddie@some.ox.ac.uk).



### Living in College and The Room Ballot

From 2019, all undergraduates at Somerville will live in college – this means the 2018/2019 cohort of undergraduates will not have to live out. First years are guaranteed a college room and normally live in the Vaughan, Penrose or Darbshire buildings. The remaining rooms are allocated to older years by the JCR Room Ballot. This is a ballot among the second, third and fourth years for rooms in Park, DHQ, ROQ, Wolfson, Holtby, Hostel/House, Darbshire and Walton Street. Find more information here: [www.blogs.some.ox.ac.uk/jcr/accomodation/](http://www.blogs.some.ox.ac.uk/jcr/accomodation/).

### Room Maintenance

If you have any maintenance issues with your room, you can request our maintenance team to fix it via the Maintenance Request Form: [www.some.ox.ac.uk/intranet/maintenance-request/](http://www.some.ox.ac.uk/intranet/maintenance-request/). One of the team will see you within the timescale you specify. For other accommodation issues contact the Housekeeping Manager, Mrs. Teresa Walsh on [housekeeping.manager@some.ox.ac.uk](mailto:housekeeping.manager@some.ox.ac.uk) or [senior.scouts@some.ox.ac.uk](mailto:senior.scouts@some.ox.ac.uk)

### Living Out

College is now able to provide all undergraduates accommodation on-site. However, should you wish to live out, there are a number of resources available to you. The **JCR Domestic Officer** should be your first port of call. However, a number of property agencies, including **North Oxford Property Service** (Website: [www.nops.co.uk/](http://www.nops.co.uk/)), **James C Penny** (Website: [www.jamescpenny.co.uk](http://www.jamescpenny.co.uk)), **Finders Keepers** (Website: [www.finders.co.uk](http://www.finders.co.uk)) and **Martin & Co** (Website: [www.martinco.com](http://www.martinco.com)) can provide you with more details of properties available. The Oxford **Student's Union** (Website: [www.oxfordsu.org/wellbeing/student-advice/accommodation-looking/](http://www.oxfordsu.org/wellbeing/student-advice/accommodation-looking/)) also has several catered services related to living out.

## Alcohol and Drugs

Recreational drugs affect the brain and are taken for pleasure, often socially. This includes nicotine, alcohol and street drugs like cannabis. New drugs which mimic the effects of older drugs are constantly appearing. These drugs were previously known as “legal highs” because they evaded legislation which criminalized sale, purchase and possession of older drugs. However, the Psychoactive Substances Act (May 2016) made all psychoactive substances, including these new recreational drugs, illegal by default. Misusing drugs is dangerous and it’s important to be aware of the effects.

### Drugs and their Effects

Name	Effects	Effects on Health
<b>Cannabis</b> Cannabis is a plant recreationally smoked, eaten or drunk.	Cannabis makes you feel relaxed and happy. However, you can also experience lethargy, anxiety, paranoia, even psychosis (delusions and hallucinations).	Cannabis has been linked with mental health problems like schizophrenia. When smoked (particularly with tobacco) it can lead to asthma, heart disease and lung cancer. Frequent use can also negatively affect concentration and fertility.
<b>Cocaine</b> All forms of cocaine are powerful stimulants. It is snorted as a powder or injected.	Cocaine makes you feel energized and happy for short time periods. Comedowns (feeling depressed or unwell) often follow cocaine consumption.	Cocaine can be fatal if you overstimulate your heart and nervous system, which can lead to a heart attack. If you have previous or ongoing mental health issues it can increase them or the risk of their recurrence. All forms of Cocaine are highly addictive.
<b>Ecstasy (MDMA)</b> Ecstasy is a psychedelic stimulant, taken as a pill or as a powder dabbed onto gums or snorted.	Ecstasy makes you feel alert, affectionate, chatty, and often enhances your sensory experiences. It can also cause anxiety, confusion, paranoia and psychosis.	Ecstasy can cause overheating, dehydration, or water retention, all of which can be life threatening. Long term and frequent consumption of ecstasy has been linked to mental health problems like anxiety, depression and memory-loss. High doses can be fatal. Ecstasy can be addictive.
<b>Speed</b> Speed is a stimulant, usually an off-white or pink powder snorted, dabbed onto gums or swallowed in paper. It is the name for amphetamine-based drugs.	Speed makes you feel alert, confident, energized, and can reduce appetite. It can also cause agitation, aggression, confusion, paranoia and psychosis. Heavy usage can also cause depression and lethargy for extended time periods.	Speed can cause dangerously high blood pressure, potentially causing a heart attack. Risk is increased when mixing speed with alcohol. Speed can be highly addictive.

## Alcohol Misuse Risks

Short Term	Long Term
These risks result from reduced inhibition and awareness of surroundings: <ul style="list-style-type: none"><li>• accidents and injuries</li><li>• being the instigator or victim of violence</li><li>• unprotected sex</li><li>• loss of possessions</li><li>• alcohol poisoning</li></ul>	These risks seriously impact physical and mental health as well as social and personal well-being: <ul style="list-style-type: none"><li>• alcoholism</li><li>• heart and liver disease</li><li>• liver, bowel and mouth cancer</li><li>• pancreatitis</li><li>• anxiety, depression, insomnia, and hallucinations</li></ul>

## Signs You or Someone Else May be Misusing Alcohol

You	They
<ul style="list-style-type: none"><li>• feel you should cut down your drinking</li><li>• feel guilty about your drinking</li><li>• drink in the mornings or alone</li><li>• notice other people have commented on your drinking</li></ul>	<ul style="list-style-type: none"><li>• regularly exceed recommended amounts of alcohol</li><li>• cannot remember events from the previous night because of alcohol</li><li>• fail to keep commitments because of being drunk or hung over</li></ul>

## Further Help, Advice and Support – Drugs

For further advice and support either get in touch with the **College Welfare Team** or use the following resources. Don't worry if you don't know which one to use, we included a lot as we wanted to be thorough. **FRANK** and the **NHS** webpage are the best and can refer you elsewhere if it is more appropriate:

### Recreational Drugs

Heart or blood pressure conditions make these drugs more dangerous. Snorting any drug in powder form damages nose cartilage. Injecting any drug damages veins and body tissue, and increases risk of overdose. By sharing needles, you risk contracting HIV and hepatitis. The main risk when taking illegal drugs is that you cannot know exactly what you're taking or their risks. If you have consumed these substances and experience their negative effects go to a doctor (don't worry about being in trouble, doctor-patient confidentiality protects you).

### NHS Drugs Overview

**Website:** [www.nhs.uk/Livewell/drugs/Pages/Drugoverview.aspx](http://www.nhs.uk/Livewell/drugs/Pages/Drugoverview.aspx)

### FRANK: A-Z of Drugs

**Website:** [www.talktofrank.com/drugs-a-z](http://www.talktofrank.com/drugs-a-z)

**Phone:** 0300 123 6600 (24-hour helpline)

### Addiction Helper

**Website:** [www.addictionhelper.com](http://www.addictionhelper.com)

**Phone:** 0800 540 4154 (24-hour helpline)

### Narcotics Anonymous

**Website:** [www.ukna.org](http://www.ukna.org)

**Phone:** 0300 999 1212 (daily, 10am to midnight)

## Further Help, Advice and Support – Smoking

Nicotine is addictive. The effects of nicotine, tar, carbon monoxide, and the other harmful substances in tobacco can lead to various health conditions. Smoking causes 96,000 deaths in the UK per year –



far more than alcohol, illicit drugs, obesity and road accidents combined. Not smoking is the biggest improvement you can make to your health. Speaking to and getting support from your GP makes you 4 times more likely to quit. Smoking is not allowed in College. For further advice and support either get in touch with the welfare team or use the following resources:

#### **NHS Smoking Support**

**Website:** [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

#### **Further Help, Advice and Support – Alcohol**

For further advice and support either get in touch with the **College Welfare Team** or use the following resources. Don't worry if you don't know which one to use, we included a lot as we wanted to be thorough. **Alcoholics Anonymous** and the **NHS** webpage are the best and can refer you elsewhere if it is more appropriate:

Though legal and socially acceptable, alcohol can cause serious short- and long-term harm. Alcohol intake is measured in units. The NHS recommends not to exceed 14 units of alcohol a week (or if you do, to do so across 3 or more days), and to have a few days a week without alcohol. There is about 1 unit (10 ml of pure alcohol) in half a pint of lager, and a single measure of spirits. A glass of wine contains 1.5 units. This varies depending on the drink's "alcohol by volume" (ABV). For further advice and support either get in touch with the welfare team or use the following resources:

#### **Alcoholics Anonymous**

**Website:** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**E-mail:** [help@aamail.org](mailto:help@aamail.org)

**Phone:** 0800 9177 650 (24-hour helpline)

#### **NHS Alcohol Support**

**Website:** [www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx](http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx)

#### **Drinkaware**

**Website:** [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

**E-mail:** [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

**Phone:** 020 7766 9900 (24-hour helpline)

### **Financial Advice**

#### **College Accountant – Elaine Boorman**



Elaine and the Treasury team are responsible for the College accounts, banking and finances, for student fees and battels, for payments to suppliers, for invoicing, for loans and grants to students including vacation and hardship grants, and for general advice on financial matters, particularly in cases of financial difficulty.

**E-mail:** [college.accountant@some.ox.ac.uk](mailto:college.accountant@some.ox.ac.uk)

**Phone:** 01865 270636

#### **Further Help, Advice and Support Outside of College/University – Finance**

#### **National Debtline**

**Website:** [www.nationaldebtline.org](http://www.nationaldebtline.org)

**Phone:** 0808 808 4000 (9am to 8pm during the week, and 9.30am to 1pm at weekends)

#### **Money Advice Service**

**Website:** [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

**Phone:** 0800 138 7777 (Monday to Friday, 8am to 6pm)

## A-Z of Welfare

Here you will find a list of contact details for external services providing confidential, non-judgemental, and anonymous support. These services are also great for if you are supporting someone else with their welfare. Don't worry if you are unsure as to which resource to use, they are all equally good; we have chosen a few to provide more specific helpline coverage for various welfare concerns not already covered in this booklet. Remember, you can also always come to the college welfare team with any concerns you may have.

### Mind A-Z of Welfare

**Website:** [www.mind.org.uk/information-support/a-z-mental-health/](http://www.mind.org.uk/information-support/a-z-mental-health/)

### Oxford Student Union Advice Service Welfare Resources

**Website:** [www.oxfordsu.org/resourcehub/](http://www.oxfordsu.org/resourcehub/)

### Oxford University Student Welfare Page

**Website:** [www.ox.ac.uk/students/welfare/](http://www.ox.ac.uk/students/welfare/)

### NHS

**Website:** [www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx](http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx)

## A

### A – Addiction

#### National Gambling Helpline

**Website:** [www.begambleaware.org](http://www.begambleaware.org)

**Phone:** 0808 8020 133 (daily, 8am to midnight)

#### Sex and Love Addicts Anonymous

**Website:** [www.slaauk.org](http://www.slaauk.org)

**Phone:** 07984 977 884 (calls returned within 24-hours)

### A – Autism

#### National Autistic Society

**Website:** [www.autism.org.uk](http://www.autism.org.uk)

**Phone:** 0808 800 4104 (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)

### A – Alzheimer's Disease

#### Alzheimer's Society

**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Phone:** 0300 222 1122 (Monday to Friday 9am to 5pm, and 10am to 4pm on weekends)

## B

### B – Bereavement

#### Cruse Bereavement Care

**Website:** [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

**Phone:** 0844 808 1677 (Monday and Friday 9:30am to 5pm, Tuesday to Thursday 9:30am to 8pm)

#### Survivors of Bereavement by Suicide (SOBS)

**Website:** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

**E-mail:** [email.support@uksobs.org](mailto:email.support@uksobs.org)

**Phone:** 0300 111 5065 (Monday to Friday, 9am to 9pm)

### B – Bipolar

#### Bipolar UK

**Website:** [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

**E-mail:** [info@bipolaruk.org](mailto:info@bipolaruk.org)

**Phone:** 0333 323 3880 (ring to arrange a call back)

## D

### D – Depression

#### Students Against Depression

**Website:** [www.studentsagainstdepression.org.uk](http://www.studentsagainstdepression.org.uk)

## **Depression UK**

*Website: [www.depressionuk.org](http://www.depressionuk.org)*

*E-mail: [info@depressionuk.org](mailto:info@depressionuk.org)*

## **E**

### **E – Eating Disorders**

#### **Beat**

*Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)*

*Phone: 0808 801 0811 (12pm to 8pm during the week, and 4pm to 8pm on weekends)*

## **H**

### **H – HIV/AIDS**

#### **Terrence Higgins Trust**

*Website: [www.tht.org](http://www.tht.org)*

*E-mail: [info@tht.org.uk](mailto:info@tht.org.uk)*

*Phone: 0845 1221 200 (Monday to Friday 10am to 10pm, and Saturday to Sunday 12 pm to 6pm)*

## **L**

### **L – Learning Disabilities**

#### **Mencap**

*Website: [www.mencap.org.uk](http://www.mencap.org.uk)*

*Phone: 0808 808 7777 (Monday to Tuesday, 10am to 4pm)*

#### **Carers UK**

*Website: [www.carersuk.org](http://www.carersuk.org)*

*Phone: 0808 808 7777 (Monday to Tuesday, 10am to 4pm)*

## **O**

### **O – OCD**

#### **OCD Action**

*Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)*

*E-mail: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)*

*Phone: 0845 390 6232 (Monday to Friday, 9.30am to 8pm)*

#### **OCD UK**

*Website: [www.ocduk.org](http://www.ocduk.org)*

## **P**

### **P – PTSD**

#### **PTSD Resolution**

*Website: [www.ptsdresolution.org](http://www.ptsdresolution.org)*

*Phone: 0300 302 0551 (daily, 9am to 5pm)*

## **R**

### **R – Relationships**

#### **Relate**

*Website: [www.relate.org.uk](http://www.relate.org.uk)*

## **S**

### **S – Schizophrenia**

#### **Hearing Voices Network**

*Website: [www.hearing-voices.org](http://www.hearing-voices.org)*

*E-mail: [info@hearing-voices.org](mailto:info@hearing-voices.org)*

## Glossary

### Disclaimer

We are certainly not able to speak on behalf of all those who identify with or have experience of the terms we have described below and as such, if anyone wishes to contribute or alter definitions provided in this booklet, please email the relevant rep or anyone on the Welfare team! We're working very hard to provide representation to all JCR members and would be more than grateful for additional input. (Based on definitions originally compiled by members of Christ Church College JCR – 2015/16)

### Mental Health

- i. **Confidentiality** - a set of rules or a promise that limits access or places restrictions on certain types of information. For Mental Health and Welfare teams, this means that information cannot be passed on, except in the case where there is immediate danger to the individual or others
- ii. **Counsellor** - a person trained to give guidance on personal or psychological problems
- iii. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- iv. **Mental Health** - the state of someone's psychological and emotional wellbeing
- v. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- vi. **Peer Support** - people providing knowledge, experience, emotional, social or practical help to each other
- vii. **Psychiatrist** - a doctor specialising in the diagnosis and treatment of mental illness
- viii. **Psychologist** - an expert or specialist in psychology. A clinical psychologist is someone who specialises in diagnosing and treating mental illness (but is not a doctor)
- ix. **Psychotherapist** - a person who uses the techniques of psychology or psychiatry to treat mental and emotional disorders, including psychoanalysis, cognitive behavioural therapies etc.
- x. **Rustication** - to temporarily suspend your studies, for welfare or health reasons.
- xi. **Self Care** - looking after yourself in a healthy way, whether it's brushing your teeth, taking medicine when you have a cold, doing exercise or making a cup of tea
- xii. **Self Harm** - (also known as self injury or self-mutilation). The act of deliberately causing harm to oneself either by causing a physical injury, putting oneself in dangerous situations and/or self neglect. This isn't necessarily synonymous or a precursor to feeling suicidal.
- xiii. **Suicidal** - feeling deeply unhappy or depressed, and likely to kill themselves. This is not the same as thinking about death or dying, and is considered an emergency.
- xiv. **Therapist** - someone who treats physical, mental or behaviour problems with the aim of curing or rehabilitating
- xv. **Welfare** - the health, happiness, good fortune and wellbeing of a person or group
- xvi. **Wellbeing** - the state of being comfortable, healthy, or happy

### Sexual Health, Sexual Assault, Gender Equality

- i. **Assault by Penetration** - when a person intentionally penetrates the vagina or anus of another person with a part of their body or anything else, without consent or reasonable belief that the other person consents.
- ii. **Causing Sexual Activity Without Consent** - when a person intentionally causes another person to engage in a sexual activity, without consent or reasonable belief that the other person consents. This is the legal equivalent to a charge of rape for a female offender.
- iii. **Consent** - a person consents if they agree by choice, and have the freedom and capacity to make that choice. Situations where consent may be compromised include the use of force or threats, being under the influence of drink or drugs, having a mental disability which renders a person unaware of what is occurring or incapable of giving consent, or being under the age of consent (16 in the UK).
- iv. **Contraception** - the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse, e.g. condoms, the contraceptive pill.
- v. **First Responder (to Sexual Assault)** - the first person to whom a survivor of sexual assault discloses.
- vi. **Gender Discrimination/Sexism** - prejudice or discrimination based on a person's sex or gender
- vii. **Gender Equality** - the state in which access to rights or opportunities is unaffected by gender

- viii. **GUM** - Genito-Urinary Medicine
- ix. **Rape** - when a person intentionally penetrates the vagina, anus or mouth of another person with their penis without consent or reasonable belief that the other person consents.
- x. **SARC (Sexual Assault Referral Centre)** - a centre providing services and support to victims of rape or sexual assault
- xi. **SARCC (Sexual Assault and Rape Crisis Centre)** - a centre providing services and support to victims of rape or sexual assault, for women and girls
- xii. **Sexual Assault** - when a person intentionally touches another person, where the touching is sexual, without consent or reasonable belief that the other person consents
- xiii. **STI/STD** - Sexually Transmitted Infection/Disease

## Disability

- i. **Ableism** - discrimination in favour of able bodied people
- ii. **Access Barriers** - an obstruction that prevents people with disabilities from using standard facilities, equipment or resources
- iii. **Accessible** - a facility, activity or resource that can be used by someone, regardless of any disabilities they have
- iv. **Adaptive Technology** - a subset of assistive technology which is designed specifically for people with disabilities, and would not be used by those without disabilities
- v. **Alternative Examination Arrangements** - examination arrangements which help students with a disability, for example extra reading time or use of a word processor (laptop)
- vi. **Assistive Technology** - an item, piece of technology or piece of equipment which can improve the functional capabilities of someone with disabilities, e.g. wheelchair
- vii. **BSL - an abbreviation for British Sign Language Cognitive Disability** - a broad concept encompassing various intellectual or cognitive deficits where a person has greater difficulty with one or more types of mental tasks than the average person, e.g. dementia, acquired brain injury, specific learning disabilities, intellectual disability
- viii. **DAS (Disability Advisory Service)** - a department of the university which helps with students who have a disability.
- ix. **Developmental Disability** - chronic condition due to mental/physical impairments. Can be detected early and persist through an individual's life, e.g. Down syndrome, cerebral palsy, Fragile X
- x. **Disability** - A broad term that in general describes a difficulty or impairment that may be physical, cognitive, mental, sensory, emotional, developmental or a combination of these. These can be congenital (present from birth) or acquired (occurring during a person's lifetime).
- xi. **Disability Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person's disability  
**DSA (Disabled Students Allowance)** - a grant that can be applied for, which helps with funding for support for disabled students
- xii. **Emotional Disability** - a disability that impacts a person's ability to effectively recognise, interpret, control or express fundamental emotions. Also includes behavioural disability
- xiii. **Invisible Disabilities** - disabilities which are not immediately apparent, e.g. someone who is hard of hearing chooses not to use a hearing aid, someone with visual impairment wearing contact lenses, or someone with a cognitive impairment
- xiv. **Limited Mobility** - mobility impairment, which could be caused by a number of factors
- xv. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- xvi. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- xvii. **Mentor** - there are two types of mentor, a peer mentor and a DAS mentor. A peer mentor is a student in college who you can talk to. A DAS mentor is a member of the DAS who can help students with a variety of disabilities.
- xviii. **Physical Disability/Impairment** - a limitation on a person's physical functioning, mobility, dexterity or stamina, e.g. loss of a limb, mobility impairment, visual impairment, hearing loss,
- xix. **Reasonable Adjustment** - an alteration which could be made to enable a disabled person to carry out work without being at a disadvantage
- xx. **SEN(D)** - Special Educational Needs (and Disability)



- xxi. **Sensory Disability/Impairment** - sensory impairment where one or more of your senses (sight, hearing, smell, touch, taste, special awareness) is no longer 'normal' , e.g. visual impairment (including blindness) or hearing impairment (including being hard of hearing or deafness)

## LGBTQIAP+

- i. **Coming out** – a figure of speech used by the LGBTQIAP+ community to describe an individual's self-disclosure of their sexual orientation and/or gender identity. Choosing to 'come out' is solely the decision of an individual, who may or may not wish to reveal their sexuality or gender identity.
- ii. **Erasure** - the denial, dismissal or refusal to acknowledge the identities or sexualities of people. This can include heteronormativity and cissexism
- iii. **Hate Crime/Incident** - any incident, which may or may not constitute a criminal offense, which is perceived by an individual, to be motivated by prejudice or hatred towards someone because of their sexuality, gender or race. A hate incident may be verbal, physical or a perceived threat
- iv. **Outing** - outing is the process of revealing someone's sexuality or gender identity without their consent. It is disrespectful to a person's self-determination to 'out' them without their knowledge and consent
- v. **Transitioning** - a term used to describe the process of moving from one gender to another, sometimes through hormonal or surgical treatment. Transitioning does not require medical involvement, rather can just be the process of disclosing one's identity

## Sexuality Glossary

- i. **Aromantic** - an orientation which falls on the asexual spectrum and is characterised by feeling little or no romantic attraction to others. Where romantic people may have an emotional need to be with someone in a romantic relationship, aromantic people may be satisfied with friendships and non-romantic relationships
- ii. **Asexual/ACE** - an orientation generally characterised by not feeling sexual attraction or desire for partnered sexuality. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity. Asexuality is reflective of the nature of sexuality as a spectrum, or sliding scale, and some asexuals therefore may have sex
- iii. **Biphobia** - prejudice, stereotyping, erasure or discrimination against people who identify as bisexual
- iv. **Bisexual** - a person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender
- v. **Demiromantic** - an orientation which falls on the asexuality spectrum, characterised by the need for a strong emotional bond with a person as a prerequisite for developing or experiencing romantic attraction to them
- vi. **Demisexual** - an orientation which falls on the asexual spectrum, characterised by the need for a strong emotional or romantic connection with a partner as a pre-requisite for experiencing sexual attraction towards them. Romantic preference, however, may correspond to a certain gender, i.e. a person may be both homoromantic and demisexual
- vii. **Heteromantic** - a romantic orientation characterised by feeling romantic attraction to someone of an opposite gender
- viii. **Heteronormativity** - the assumption, made by individuals and institutionalised society, that everyone is heterosexual; that heterosexuality is default and superior to other sexualities
- ix. **Heterosexuality** - a sexual identity in which a person is sexually and romantically attracted to a person of an opposite gender, e.g. a man attracted to a woman
- x. **Homophobia** - this is a wider term used to describe prejudice, stereotyping, erasure or discrimination against people who identify on the LGBTQIAP+ spectrum
- xi. **Homoromantic** - a romantic orientation characterised by feeling romantic attraction to someone of the same gender
- xii. **Homosexuality** - a sexual orientation characterised by feeling sexually and romantically attracted to a person of the same gender. This includes being gay (a man attracted to other men) and lesbian (a woman attracted to other women)
- xiii. **Panromantic** - a romantic orientation characterised by romantic attraction to individuals of any gender
- xiv. **Pansexual/Omnisexual** - terms used to describe people who have romantic, sexual or affectional desire towards a person of any gender
- xv. **Queer** - for some 'queer' acts as an umbrella term for all sexualities and gender identities, or as a term for those who do not wish to give a label to their sexuality or gender identity. An individual who

identifies with a label in the LGBTQ+ acronym may also use queer as a descriptor, whilst others only may exclusively use 'queer' to describe their sexuality or gender.

"Use of the word 'queer' - the presence of this word within the LGBTQ+ community is contentious, due to its historically derogatory use as a slur. However, for many it is a reclaimed term which means that it can be used only by those who identify as 'queer' or LGBTQ+. Use of this word by people outside of the 'queer community' (i.e. heterosexual, cisgender) is offensive and appropriative."

- xvi. **Romantic Attraction** - a sense of wanting to be involved romantically with a person. Feelings of sexual attraction are distinct and are not mutually inclusive of feelings of romantic attraction
- xvii. **Romantic Orientation** - a description of the gender, genders (or lack thereof) which a person experiences romantic attraction towards
- xviii. **Sexual Attraction** - a sense of wanting to engage in sexual activity with a person
- xix. **Sexual Orientation** - the gender, genders (or lack thereof) which a person experiences attraction to

## Gender Glossary

- i. **Agender** - an individual who identifies as without gender
- ii. **Cisgender/Cissexual** - words used to describe people who are not transgender, or transsexual. It is a simple opposite in prefix 'cis' to 'trans'
- iii. **Cissexism** - the assumption that gender corresponds to genitalia, leading to discrimination against and erasure of non-binary individuals
- iv. **Gender** - a social construct, refers to sociological boundaries and signifiers that define people as feminine, masculine or androgynous. Gender can be the appearance and presentation of a person's identity, but is unrelated to sex
- v. **Gender Binary** - this is a common system of thought which refers to certain societal ideas that many people hold about gender and sex. The gender binary is not correct, however, as it presumes that only two genders exist and that a person can be only male or female. It implies that trans people do not exist, which is harmful and inaccurate
- vi. **Gender Fluid** - this term refers to the spectrum of gender identity and relates to a person who feels an overlap of, or indefinite lines between, their gender identity. Identifying with two or more genders (i.e. being bigender, or pangender). A gender fluid individual may alternatively possess no gender (i.e. being agender, non-gendered, genderless), or move naturally between genders and have a fluctuating gender identity
- vii. **Gender Identity** - this describes the psychological recognition of oneself as being a member of a certain gender. Gender identity is self-determined and separate from anatomical sex, i.e. genitalia
- viii. **Gender-neutral pronouns** - these are used to avoid referring to someone as 'he/him' or 'she/her'. The most common gender-neutral pronouns are 'they/them', 'zie/zim' and 'ey/em'
- ix. **Genderqueer** - this refers to an identity taken on by people who feel that the substance and aspects of their gender exist outside of the binaries 'male' and 'female'
- x. **Intersex** - a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit typical definitions of female or male
- xi. **Pangender** - this term may fall on the gender fluidity spectrum and describes the non-binary experience of an individual who may identify and move between multiple gender identities
- xii. **Sexism** - prejudice, stereotyping, erasure or discrimination against people, based on gender
- xiii. **Transgender** - a person who identifies with a gender that does not correspond to the sex assigned to them at birth (AFAB = 'assigned female at birth', AMAB = 'assigned male at birth'). This includes trans men (an individual who was assigned female at birth but identifies as a man) and trans women (an individual who was assigned male at birth but identifies as a woman). Being trans is not necessarily identifying with the genders of 'man' or 'woman', given the diversity of gender identities; whereby someone may be gender fluid or agender.
- xiv. **Transphobia** - prejudice, stereotyping, erasure or discrimination against people who identify outside the gender binary. It also includes institutionalised forms of discrimination, such as criminalisation, pathologisation, or stigmatisation of non-conforming gender identities and gender expressions


## Ethnic and Religious

- i. **BME/BAME - Black and Minority Ethnic or Black, Asian and Minority Ethnic** is the term used in the UK to describe people of non-white descent

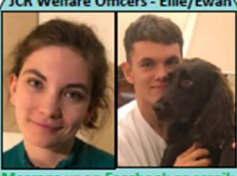
- ii. **ERM - Ethnic and Religious Minorities** is the term used in the UK to describe people of non-white descent or non-Church of England descent
- iii. **Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person: disability, race or ethnicity, religion or belief
- iv. **Microaggressions** - the everyday verbal and non-verbal slights or insults which communicate hostile messages that target people based solely upon the fact that they are a member of a marginalised group. Microaggressions are often found in jokes and are heavily linked to stereotypes
- v. **PoC - People of Colour** is another term used to refer to people of non-white descent
- vi. **Prejudice** - an irrational bias against members of a particular racial, religious or social background
- vii. **Privilege** - an advantage or right that is exclusively available to a particular person or group of people
- viii. **Racial Discrimination** - treating someone in a negative way purely because they are a member of a specific race
- ix. **Racism** - our understanding of racism has progressed hugely and it is now commonly thought that racism is a combination of privilege (see above) and power (occupying a position of social/economic/political power). In essence, this means that someone can only be racist if they are both privileged and in a position of power and this new and modified social definition challenges the concept of reverse racism. This new definition is not universally agreed upon and so this progressive view can be supplemented with the current dictionary definition which is that racism is the belief that all members of each race possess characteristics, abilities or qualities specific to that race, especially so as to distinguish it as inferior or superior
- x. **Religious Discrimination** - treating someone differently because of their religion
- xi. **Reverse Racism** - When the racially dominant group in any given society are discriminated against. This term is now largely thought to be incorrect because of the new understanding that power is a crucial element in racism. This is, of course, not to say that the dominant racial group can't face racial intolerance but this is usually classed as prejudice, discrimination or stereotyping.
- xii. **Stereotyping** - The harmful belief that all members of a specific race, ethnicity, religion or social group possess specific, often pejorative characteristics or attributes.




## Contact Details




**Welfare Officer - Jo Ockwell**  
House 4 01865 270525  
welfare.officer@some.ox.ac.uk




**JCR Welfare Officers - Ellie/Ewan**  
Message us on Facebook or email:  
ellie.cooper@some.ox.ac.uk  
ewan.connell@some.ox.ac.uk




**College Nurse - Glenys Knighton**  
Darbshire 16 01865 270865  
somenurse@nhs.net



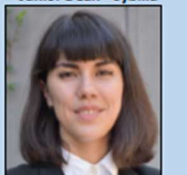
**Senior Tutor - Steve Rayner**  
Office in House 01865 270629  
senior.tutor@some.ox.ac.uk




**Junior Dean - Alex Shearer**  
Phone 07805 784964 or e-mail deans.office@some.ox.ac.uk to contact the on-call Junior Dean



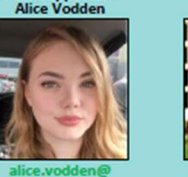
**Junior Dean - Ash Raghu**



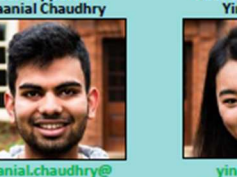
**Junior Dean - Sybilla**



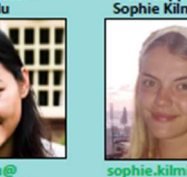
**College Dean - Simon Kemp**  
deans.office@some.ox.ac.uk




**Peer Supporter - Alice Vodden**  
alice.vodden@some.ox.ac.uk



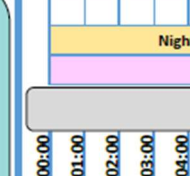
**Peer Supporter - Daanial Chaudhry**  
daanial.chaudhry@some.ox.ac.uk



**Peer Supporter - Yinni Hu**  
yinni.hu@some.ox.ac.uk



**Peer Supporter - Sophie Kilminster**  
sophie.kilminster@some.ox.ac.uk



**Peer Supporter - Gerda Mickute**  
gerda.mickute@some.ox.ac.uk

Message peer supporters on Facebook or email, or go to GAIL's, 21-22 Little Clarendon Street, Vaughn Gate, during drop-in hours

**Nightline**  
01865 270270  
www.oxfordnightline.org

**Samaritans**  
116 123  
jo@samaritans.org

**Student Union Advice Service**  
4 Worcester Street  
01865 288466

**Oxford University Counselling**  
www.ox.ac.uk/students/welfare/counselling

## Availability

### Monday to Thursday

00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00		
									Jo Ockwell (Welfare Officer)																
	Junior Deans																			Junior Deans					
											Nurse		Nurse												
																		PS							
											Student Union Advice Service														
	Nightline																					Nightline			
Samaritans																									

### Friday

00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00
Junior Deans									Junior Deans														
											Nurse		Nurse										
											PS												
Nightline									Nightline														
Samaritans																							

### Saturday and Sunday

00:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	
Junior Deans																								
Nightline																						Nightline		
Samaritans																								

## How To Address Various Welfare Concerns

### Key Information

Whatever your feelings, issues, queries and uncertainties, please feel free to confide in anyone listed on this page - regardless of the positions they hold, they have all received welfare training so are all equally appropriate people to approach. Everyone listed will provide confidential (see our confidentiality policy at [www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/](http://www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/)) and non-judgemental support; they are also all immensely knowledgeable of all the services available in Oxford so can help you find whatever you need. Nothing is too small, insignificant or unworthy of our time and attention, and there is certainly nothing too big that can't be solved. We all want to help in whatever way we can, so please don't hesitate to get in touch.

### Mental Health

**Mental Health Emergency:**  
If you or someone else is at risk of serious harm call 999 (or 112 on international phones) immediately. If it is safe to do so, you or someone else should also try contact the Welfare Officer, College Nurse, Junior Deans, or Porters if none of these people are available.

**Not an Emergency but Want Help Quickly?**  
Check the timetable to see who is available then use the contact details to get in touch! We cannot promise that you will always be able to see someone on the College Welfare Team immediately, however, this is very rare and you will always be able to contact someone at Nightline or Samaritans. Alternatively, contact the Senior Tutor or send [peer.supporters@some.ox.ac.uk](mailto:peer.supporters@some.ox.ac.uk) an email to see if anyone is available.

**Unsure Who to Contact?**  
Since everyone listed has received welfare training, contact whoever you feel most comfortable talking to. If you want anonymous support, contact Nightline, Samaritans, or create an anonymous email address and message [peer.supporters@some.ox.ac.uk](mailto:peer.supporters@some.ox.ac.uk). If you want to speak to another student, contact the JCR Welfare Officers, Peer Supporters or Junior Deans; if not use the other contacts. If you want support outside of college, but still within the University, contact the Student Union Advice Service. Nightline and Samaritans provide support outside of the University.

### Physical Health

**Medical Emergency:**  
If you or someone else is experiencing a medical emergency call 999 (or 112 on international phones) immediately. If it is safe to do so, you or someone else should also try contact the Welfare Officer, College Nurse, Junior Deans, or Porters if none of these people are available.

**Medical Non-Emergency:**  
For anything non-urgent go see the College Nurse; she can provide first aid, advice and referrals for the GP/Hospital. If she is unavailable, go to the Porters for first aid and ring 111 for advice.

**Unsure Who to Contact?**  
If you are unsure whether you or someone else is experiencing a medical emergency, go visit the College Nurse. If she is unavailable ring 111 and they will tell you what to do.

### Crime

**Support:**  
First and most importantly, make sure you talk to someone, when or if you feel ready to. Remember, you have done nothing wrong! Everyone listed on this page is here to help; they can assist you with the reporting procedure but will also respect your decision if you do not want to do this.

**Reporting Crime:**  
All crime, including harassment, discrimination and assault, can be reported to Police by calling 999, 101 or 01865 841148 (Local Police).

**Reporting Harassment/Discrimination/Sexual Assault:**  
Report harassment/discrimination/sexual assault in college to the Dean at [deans.office@some.ox.ac.uk](mailto:deans.office@some.ox.ac.uk). Outside of college, report discrimination at [www.admin.ox.ac.uk/eop/](http://www.admin.ox.ac.uk/eop/) and report harassment/assault at [harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk) or 01865 270760. Sexual assault can also be reported by visiting the Bicester Sexual Assault Referral Centre at The Solace Centre, OX26 2NT (college will pay for your taxi and you can take a member of the College Welfare Team) or ringing them on 0300 130 3036.